

Amendments to the Claims:

The listing of claims below is intended to replace all prior listings of the claims:

1. cancelled
2. (currently amended) ~~The method according to Claim 1,~~ A method comprising administering to a human a pharmaceutical or dietetic composition comprising spermidine as an active principle to combat hair loss wherein the human has ~~been diagnosed with~~ the pathology known as telogenic defluvium.
3. (previously presented) The method according to Claim 2, wherein following administration the telogenic phase in the growth cycle of the hair is reduced.
4. (currently amended) The method according to Claim ~~[[1]]~~ 2, wherein following administration the hair is robust.
- 5-8. cancelled
9. (currently amended) ~~The method according to claim 1~~ A method comprising administering to a human a pharmaceutical or dietetic composition comprising spermidine as an active principle to combat hair loss, wherein the composition further comprises methionine, vitamin C, polyphenols, vitamin E, calcium pantothenate, zinc (as amino acid chelate), vitamin B₆, copper (as amino acid chelate), folic acid and biotin.
10. (previously presented) The method according to Claim 9, wherein the composition comprises:

Methionine	300.00 mg
Vitamin C	90.00 mg
Polyphenols from <i>Vitis vinifera</i>	5.00 mg
Vitamin E	15.00 mg
Calcium pantothenate	9.00 mg

Zinc (as amino acid chelate)	7.50 mg
Vitamin B ₆	2.00 mg
Copper (as amino acid chelate)	1.25 mg
Spermidine	0.50 mg
Folic acid	0.15 mg
Biotin	0.05 mg

11. (currently amended) ~~The method according to claim 1~~ A method comprising administering to a human a pharmaceutical or dietetic composition to combat hair loss, wherein the composition to be administered to man to combat hair loss is formulated for oral administration and comprises an oral vehicle and spermidine.

12. cancelled.